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**Myth vs Fact**

**School - Based AED Drills**

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| **Myth** | **Fact** |
| It takes the whole school to run a drill and will disrupt student learning. | A drill only involves only your Cardiac Response Team. Drills can be conducted at the beginning or end of a school day to minimize interruptions.  Consider holding an AED drill on a teacher planning day when no students are on-site to test your plan.  An AED drill can provide an opportunity for students to learn more about sudden cardiac arrest (SCA) and what to do. |
| It takes too much time. | It can take as little as five minutes to run an AED drill. In a real emergency, AEDs should be retrieved and applied within 3 minutes of an arrest. |
| We don’t want to run a drill as it could cause additional worry or panic for our students. | Your school community will be reassured that your school is improving your safety plan with the ultimate goal to keep students, staff and visitors safe. Some schools involve students with their emergency response teams for learning/experience purposes, and in many schools across the US, students are trained in CPR/AED.  Consider email communications that you can share with your student body and their families ahead of a drill to ease any concerns.  Students do not need to be present for drills, however, keep in mind that real emergencies are unpredictable and can happen at any time of day. |
| Emergency Medical Services (EMS) should not be involved as they are too busy. | Involving EMS is a great way to open the door of communication and help close the loop on excellent emergency care. This presents the opportunity for optimum outcomes in an emergency for both the community and EMS.  Your local EMS can be a resource for CPR/AED training and support with choosing and placing AED(s). |
| EMS is right across the street from our school. | SCA needs immediate response and a plan. In Adam’s story, EMS was right across the street from his school/gym when he collapsed but sadly, he still passed away.  What if they happen to be on another call?  According to the National EMS Information System, it takes an average of six minutes (urban/suburban areas) and 13 minutes (rural areas) for first responders to arrive.1 Every minute delayed in treating an SCA victim decreases survival by 10%.2 |
| Having a Cardiac Emergency Response Plan and Team are enough. There is no need to practice. | Your plan should be reviewed annually and assessed during a drill to identify areas for improvement and new insights that might otherwise be overlooked.  Increased confidence in reacting to an emergency comes from practice. Team practice in the form of a drill creates muscle memory to react when the adrenaline kicks in. |
| We need high tech CPR/AED training equipment to run an AED drill and it will be expensive. | Reach out to the Program Coordinator in your area for assistance and purchasing/funding ideas. Local EMS/your local Project ADAM program may also have equipment that you can borrow and/or bring to your AED drill.  Alternatively, a school can choose to purchase one AED training unit and one CPR manikin with a chest compressor at minimal cost.  Project ADAM will assist in any way we can to help your drill be successful. |

**References and Resources**  
1 Mell et al, 2017, Emergency Medical Service Response Times in Rural, Suburban and Urban Areas. JAMA Surgery, 152(10)  
2 https://www.sciencedaily.com/releases/2018/02/180226085812.htm

AED drill guides and templates for your use: [www.projectadam.com/heartsafeschools](http://www.projectadam.com/heartsafeschools)